

The Kyng has arrived



"Kyng" Arthur Sinclair croons Bob Marley hits to a crowd at sustainer theater.

Story and photo by Spc. Alexandra Hemmerly-Brown

Anaconda Times Staff Writer

LSA ANACONDA, Iraq – The laid-back vibe of Caribbean calypso mixed with the accented lyrics of Reggae drifted through Sustainer Theatre Sept. 26 as Kyng Arthur, a Reggae artist took to the stage.

Dressed in jeans and wearing nearly waist-length dreadlocks, "Kyng" Arthur Sinclair, a native of Trinidad along with his four-man band momentarily transported servicemembers to a remote island through their hypnotic beats.

Sinclair, who started singing 17 years ago, performed famous Reggae covers from artists such as Bob Marley, Inner Circle, and Shaggy.

"Music is the key to universal love, peace, and understanding," Sinclair said. "We are all equal in the sight of God."

As a child growing up in Trinidad, Sinclair would listen to gospel music at church, as well as soul and Jamaican "Rock Steady" music, providing him with a diverse background of musical influences.

After migrating to the states in the early 1970s, Sinclair was introduced to Bob Marley's music in New York.

"(Marley) was the first Caribbean artist to be known all over the world," Arthur said. "He is my influence in Reggae music."

Anaconda was the last venue of Sinclair's tour, which started on Sept. 17. This is his second military tour; the first one covered Bosnia and Kosovo in July 2006.

Sinclair said this time he visited all of the major bases in Iraq and Kuwait, and enjoyed

the tour because it was a challenge.

The father of a twice-deployed Airman, Sinclair said that he would be open to doing another tour.

"I'd never ridden in a Blackhawk before, or been to a weapons range before," Sinclair said. "The Marines, Soldiers, and everyone gave us a warm welcome wherever we went."

Sinclair admitted he wasn't used to being on military bases, but the overall experience was a good one.

The singer toured the Air Force Theatre Hospital while here, and visited with some injured servicemembers.

"It was very touching," he said of visiting the wounded. "But it was good to see they were taken care of."

At the two-hour concert, the audience jived to several classic Reggae beats such as "One Love," "Stir it up," "I Shot the Sheriff," and "No Woman, no Cry."

Spc. Simon N. Wangige, a transportation coordinator from Seattle with the 624th Movement Control Team, danced in the isles of the theatre through most of the concert.

"I loved it, it's obvious," Wangige said. "Reggae is my favorite music, I grew up with it. I never thought they would play it here."

As the concert came to a close, Sinclair gave the message behind his music.

"We are all different people from different cultures and different parts of the world," Sinclair said. "But there is one God."

Sinclair said above all he hoped for the protection of the troops.

Martial arts students learn from belt advancement

by Spc. Holly Stephani

593rd Corps Support Group

AL ASAD, Iraq- Eight warriors' nine weeks of hard work paid off during an Isshin-Ryu karate rank testing ceremony here Sept. 19.

During the traditional ceremony, Soldiers were dressed in their white gi's as Maj. Brian Memoli passed out the customary colored belts the students earned.

The students, ranging from specialists to majors, practiced between four and five days per week, for an intense 90 minutes each, in addition to their usual 12 and 15-hour workdays to reach this goal.

Students performed various kicks, punches and katas to earn their belts. Along with basic moves and self defense, history played a role in the level of rank awarded to each student.

"I want my students to learn about history and respect, not just fighting techniques," Memoli said. "It is putting mind, body, and spirit all into effect."

According to Memoli, martial means "military way," relating to, or like war, suitable for a warrior.

"The ability to defend yourself with hand-to-hand combat is needed in every war, including this one," Memoli said.

Memoli said there are eight codes that the new students are trying to grasp, such as the manner of drinking and spitting is either hard or soft. To represent either meeting challenges head on, or finding a way around them.

He said Isshin-Ryu is a combination of Shorin-Ryu and Goju-Ryu karate styles and is often described as the school of one heart way.

Besides learning a new skill, many of the students find the class a great stress reliever. The Isshin-Ryu students are able to raise their energy levels and forget about the deployment for a brief moment as they focus on mastering the proficiency of each strike, kick, and block-



Capt. Robert Richardson, from Greenfield, Ind., a military intelligence officer with the 593rd Corps Support Group, prepares for his belt test.

ing move.

"It's good to feel that I've accomplished something worthwhile in Iraq," said Staff Sgt. Joshua Quinton, from Headquarters and Headquarters Company of the 593rd Corps Support Group, who earned his orange belt.

"The training brings balance to the deployment," said Capt. Jennifer Healy, the JAG Officer for the 593rd CSG after earning her double belt promotion by skipping the orange belt and receiving a yellow belt.

Healy, a first time student of martial arts, enjoyed the classes taught by Memoli and encouraged her husband at Fort Lewis, Wash. to get involved in the sport.

"It's nice to have something to share, it makes me feel closer to him, and we can continue training when I get home," she said.

Isshin-ryu karate was founded in Okinawa during 1954 and has been taught to American Marines ever since.

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